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Monday, May 7, 2012



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Visit **myNSLC.com** for a full list of new products, pairing suggestions and recipes.

Check out the summer issue of **occasions** magazine for even more!



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## Horrible tragedy remembered

It's been two decades since more than two dozen men were killed in an explosion at the Westray coal mine  
PAGE 6

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Kevin Kindred walks past a photo of Raymond Taavel after speaking at a public memorial service for Taavel at St. Matthew's United Church on Sunday. RYAN TAPLIN/THE CANADIAN PRESS

## Instant millionaires

Dartmouth couple has simple plans after claiming large lottery jackpot PAGE 4

## Honouring firefighters

Politicians and the public gather at special memorial service PAGE 5

## Accidental president

Socialist candidate benefits from anti-Sarkozy vote to lead France PAGE 7

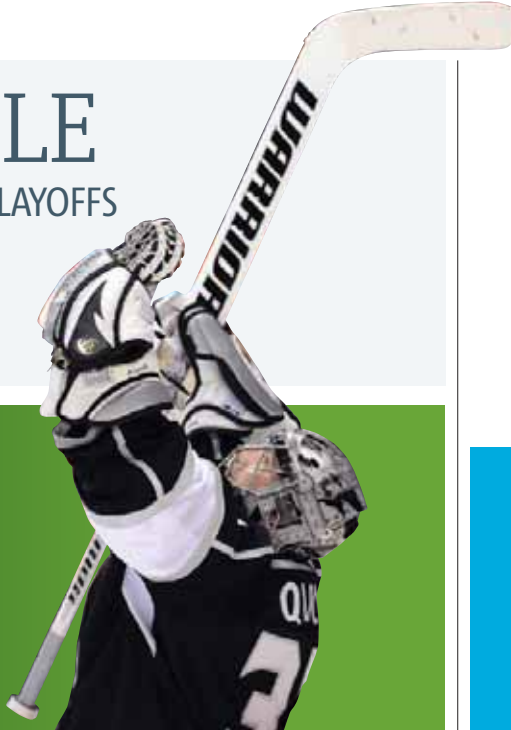


# KINGS RULE

L.A. MOVING ON IN NHL PLAYOFFS  
AS SWEEP HAS ST. LOUIS  
SINGING THE BLUES

PAGE 23

Monday, May 7, 2012



# 'Goodbye, dear friend'

## Memorial service.

Hundreds gather to celebrate memory of Halifax gay activist Raymond Taavel



ALEX BOUTILIER  
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Hundreds of people quietly marched down Barrington Street on Sunday afternoon, past storefronts still flying the rainbow flag in memory of Raymond Taavel.

They had gathered first at Grand Parade before walking together to a memorial service at St. Matthew's United Church for Taavel, a prominent Halifax gay-rights advocate, who was beaten to death outside Menz Bar on Gottingen Street last month.

Anger and frustration over what happened in the early morning hours of April 17 remains. But the message at St. Matthew's Sunday was one of continuing Taavel's work for equal rights and compassion for all.

"We are here to honour and thank him for what he did and what he stood for," Taavel's

longtime friend and colleague, Barry Boyce, told the congregation. "And quite simply to say goodbye, dear friend, and bon voyage."

Taavel died on Gottingen Street. Early reports from police indicate he was attempting to break up a fight. Andre Denny, 32, has been charged with his murder.

Denny was on unsupervised leave from the East Coast Forensic Hospital at the time. Police were called when he failed to show up after his curfew on the evening of April 16, but were unable to find him until after Taavel's death.

The Department of Justice is investigating the circumstances surrounding Denny's release.

It was easy to be angry at first, according to another of

## Quotable

Taavel took "an interest in communities and making things better and shining light on the beautiful parts of life, and shining light on the ugly parts of life, too."

Daniel MacKay, friend of Raymond Taavel

Taavel's friends, but the reality of the situation is much more difficult.

"It's easier to blame someone. I thought it would feel good to blame," said Halifax MP Megan Leslie, who also spoke at the ceremony.

"You could have said Raymond Taavel was murdered by a bad man. And you could condemn, and you could move on ... (but) this story has many victims."

The hope for Sunday's service was that it would bring closure to the community and help along the healing process. And it was clear, healing is needed, not simply or exclusively within Halifax's gay community, but within the city itself.



Raymond Taavel  
THE CANADIAN PRESS

More coverage, page 3

## Thou shalt wear T-shirt

Columnist Stephen Kimber weighs in on Jesus shirt debate

## Remembering a Beastie

Adam Yauch will be remembered as much for activism as for his rapping

## Paddling through

Windsor kayaker could be named to team heading to London Olympics

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Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,554.69/coin
9999 Canada Maple leaf, less than 1 ounce	\$49.99/g
24k Jewellery	\$36.83/g
22k	\$33.74/g
E. Indian/Nuggets	\$29.91/g
18k	\$27.63/g
14k and dental	\$21.47/g
10k	\$15.32/g
9k	\$13.81/g
8k/antique gold	\$9.21/g

### Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,505.59
Gold 10 ounce (Recognized)	\$14,974.08
Gold 1kg (Recognized)	\$48,141.65
Gold bars, less than 1 ounce (Recognized)	\$48.15/g
999 Gold bar (Unrecognized)	\$46.83/g

### Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$29.12/coin
-------------------------------------	--------------

### Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.62/g
Stamped Sterling Silver Jewellery	\$0.58/g
Mexican Silver stamped 925	\$0.49/g
Stamped 800 Silver	\$0.47/g
Unstamped scrap silver	\$0.31/g
Other silver coins	\$0.66/g

\*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-05-04, 17:33:52 PM

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### Example Purchase 2:

Purity: 24k • Weight: 6.42g

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### Example Purchase 3:

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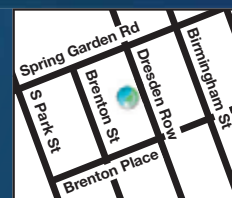


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Police investigation

## Body could have been on Fox Lake hiking trail for years, police say

Police are trying to identify a human body found near Fox Lake on Sunday morning.

Halifax Regional Police say they received a call at 11 a.m. from a hiker about a body located about 30 minutes into a hiking trail near the lake, which is located near Kearney Lake.

Police believe the body was there for some time, possibly for several years. "We've located a body and the investigation is now underway," Staff Sgt. Lindsay Hernden said, adding the remains are so decomposed investigators haven't been able to determine the sex yet.

The force's integrated major crime unit and forensic identification unit were on scene Sunday for close to 12 hours.

Medical examiners from the province were also called in.

PHILIP CROUCHER/METRO

Missing person

## Rescue teams search for paddler

Police are searching for a man whose canoe overturned on a lake on Saturday evening.

RCMP say two canoeists were paddling at Spectacle Lake near East Chester at about 7:15 p.m. when the craft flipped over. An 18-year-old man managed to swim to shore, but a 41-year-old man is missing.

Police, ground-search volunteers and volunteer firefighters were looking for the man Sunday on the lake and in the surrounding area.

THE CANADIAN PRESS



Hundreds of people march down Barrington Street on Sunday to a public memorial service for Raymond Taavel at St. Matthew's United Church.  
RYAN TAPLIN/THE CANADIAN PRESS

# 'Go be with God and save me a seat'

**Raymond Taavel memorial.** Friends remember slain activist's infectious smile, dedication to community



ALEX BOUTILIER  
alex.boutilier@metronews.ca

Raymond Taavel would have thought Sunday's proceedings a whole lot of "fuss," according to Marion Steele.

But you can be sure he'd be leading the procession if it had been anyone else, his friend of seven years added.

"He'd think this is a big fuss, and we should all probably be at the bar having a

From the eulogy

"Raymond held our pain. And he held our joy. He argued with us, and sometimes he drove us up the wall. But he never abandoned us, and he never gave us reason to abandon him."

Rev. Jennifer Paty, St. Matthew's United Church

beer," Steele said as hundreds gathered in Grand Parade for the march to a memorial service held in Taavel's memory on Sunday. "But here we are, and he would be, I think — if this was somebody else and Raymond was here today — he'd be leading us off."

Steele was one of many who gathered to share stories about the man and shed tears over his death.

Taavel's friend and colleague Barry Boyce read the eulogy on behalf of Taavel's part-

ner of a decade, Darren Lewis.

"I've learned that people you love can be taken in an instant, but love cannot. I've learned that even though you will never walk in again and say, 'Honey, I'm home,' you'll always have a home with me," Boyce read.

"Goodbye, my Raymond. Go be with God and save me a seat."

Despite the sadness, friends remembered Taavel's infectious smile and seemingly inexhaustible energy for helping

Nova Scotia's gay community.

"The way he could get you to open up with that bulldog-like but gentle tenacity and that oh-so-caring way of his determined inquisitions," Rev. Jennifer Paty said at St. Matthew's United Church. "He was just that kind of guy. If you sat with him for more than five minutes, you might find yourself feeling somewhere between confession and therapy."

Make a difference

- Donations in Raymond Taavel's memory can be made to the Nova Scotia Rainbow Action Project, the Youth Project, or Mobile Outreach Street Health.

# 1

## NEWS

On the web

## Walking in a cartoon's (in)famous footsteps

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series — including, of course, a stop at The Drunken Clam. Go to metronews.ca for more

Mobile news



Test-tube babies have higher rates of birth defects, and doctors have long wondered whether it's because of certain fertility treatments or infertility itself. An extensive new study from Australia suggests both may play a role. Scan for the story

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CONSUMER CHOICE AWARD 2011

# Millions of reasons to smile

**Jackpot.** Retired Dartmouth couple who won \$15.78 million plan to stay in home, with a few renovations



**JENNIFER TAPLIN**  
jennifer.taplin@metronews.ca

Mike Myrick was in no hurry to pick up his \$15.78 million in lottery winnings. And his lack of urgency didn't sit well with his wife.

Mike, 65, found out April 26 his instant-pick Lotto 6-49 ticket was a winner, but that didn't stop him from heading out fishing the next day.

"The last 20 years, two good friends and myself go off into the wilderness ... in early May," Mike said. "I could not disappoint the two guys, so we went and they were just dumbfounded that I'd won."

Audrey, 66, thought for sure her husband would cancel the trip.

"I agreed: 'Go ahead — enjoy yourself.' But it didn't work that way. The days kept passing and I just needed him home," she said. "With all these things we had to do and I was by myself."

The couple has now re-

## By the numbers

**15, 18, 26, 33, 36, 39**

The Myricks' winning numbers, which were picked randomly

ceived the money. They picked up the novelty cheque at Alderney Landing in Dartmouth on Friday.

They've played the lottery for at least 20 years and never won more than \$50. Until now.

And then there's always the unforgettable story of discovering a seemingly innocuous slip of paper that ends up being life-changing.

For Mike and Audrey, it happened on a pretty normal day. Audrey headed out to visit her mother then stop at the beauty parlour. Mike had heard someone in Dartmouth won the lottery, so he trudged downstairs and revved his dial-up connection on his computer.

After the shocking realization, he ran to the store to verify it.

"The machine has the most beautiful melody it plays out when you win a major draw," Mike said.

Then he walked into the beauty parlour where Audrey



Mike and Audrey Myrick with their winning Lotto 6-49 jackpot cheque on Friday. JENNIFER TAPLIN/METRO

was getting her hair done. She saw him in the mirror and thought at first something bad had happened, given the unexpected appearance.

"You sort of brace yourself that you're going to get bad news and he gave me good

news, but still I lost it anyway," she said.

The couple is looking forward to making their bills disappear, replacing their old vehicles as well as helping out some charities.

"To be honest, I hope I

don't change a whole lot because I kind of like the guy I am. But it does put a whole new dynamic on it, and I'm starting to realize there isn't much you can't do," Mike said. "The question is making sure you do the right thing."

## Top winnings

The largest lottery win in Nova Scotia was in June 2007 for \$17.5 million.

## Halifax police launch program to make apartments safer

Drugs, violence and theft are common visitors to many HRM apartment buildings.

A new program introduced by Halifax RCMP and Halifax Regional Police aims to reduce crime in apartment buildings by giving managers and owners simple tips and advice.

At the end of the course, they can post signs stating their buildings are certified under the program.

It starts with an eight-

hour workshop, said Cpl. Marilyn Sexton, with the RCMP.

"It addresses theft of motor vehicles, theft from motor vehicles, mischief, drug activity in the building and any crime that might impact on the safety and well-being of the community," she said.

The workshop announced on Friday also covers applicable laws and how to properly screen tenants.

Thirty-six property man-

agers and owners have signed up for the first workshop.

"To be able to advertise that you're part of the crime-free multi-housing workshop is a huge benefit," Kerri Miller, property manager at the Northwood seniors' complex. "It tells the people that live there that we take crime and their safety seriously, and it tells prospective residents this is a place where they want to

## By the numbers

**40,000**

The approximate number of apartment units in HRM

live."

After the workshop, police will conduct property assessments and make recommendations on how to increase security.

The third and final step involves the property manager hosting an information session.

It's the first of its kind for Atlantic Canada, but it started in 1995 in British Columbia and is available in several other provinces.

In Halifax, the workshops will be held every two to three months, but police agencies in other Nova Scotia communities have expressed interest in launch-

ing their own.

"In one building in British Columbia, police calls for service were reduced by 78 per cent in one year," Sexton said.

For more information visit [acc-cca.org/](http://acc-cca.org/)

JENNIFER TAPLIN/METRO



For more local news visit [metronews.ca/halifax](http://metronews.ca/halifax)



## Do you have Type 1 Diabetes and have trouble controlling your blood sugar level?

Dr. Thomas Ransom is currently conducting a study of a new diabetes medication and its affect on blood sugar. You may qualify if you have had Type 1 Diabetes for at least one year and are at least 18 years of age

If you are interested in hearing more about this important research, please contact: **Michele Chappell**, RN, Research Coordinator for Dr. Thomas Ransom at (902) 473-7853.



Capital Health





Firefighters march toward St. Agnes church Sunday for the first Atlantic Canada Firefighter Memorial Service. JON TATTTRIE/METRO

# Fallen firefighters honoured at service

**Memorial.** Lieutenant-governor, MLAs and council members among congregation

JON TATTTRIE  
halifax.metronews.ca

More than 150 firefighters, dignitaries and members of the public gathered in Halifax on Sunday to mark the first Atlantic Canada Firefighter Memorial Service.

The ceremony, held at St. Agnes church, was organized by the Canadian Fallen Firefighters Foundation to remember firefighters who have died and to honour those serving

today. The firefighters gathered in Saunders Park before marching to the church.

Rev. John Den Hollander, a chaplain with the Halifax Regional Fire Department, called them "modern-day Good Samaritans" and praised their more than 250-year history in the city.

"They have served their generations faithfully, with honour and dignity, and we salute them today," he said.

Capt. Paul Edwards, one of the firefighters who organized Sunday's event, said an annual memorial for all firefighters who have passed has been in the works for a while.

"It's a day to pause and remember," he said. In particular this year, firefighters swapped stories about "Hooky" Kenneth

Eric Walker, an 87-year-old veteran of the service who died in November. Walker served in the Second World War and continued to work for his fellow firefighters up until his death.

That lifetime commitment illustrates that you're always a firefighter, Edwards said.

"It's a close-knit group," he said. "I've spent a quarter of my life with the group I work with."

Firefighters share meals, major life events and long nights, as well as risking their lives together when duty calls and they have to run into a burning building.

"There's a huge amount of trust in this family," Edwards said. "We can make a difference. I guess that's why we do it."

## Dec. 6 commemoration

On Dec. 6 each year, the Halifax regional fire department holds a ceremony to remember firefighters who died in the line of duty.

- The date commemorates the nine firefighters who died in the Halifax Explosion. The crew of the Patricia, one of Canada's first firefighting trucks, were first on the scene of the Mont Blanc fire, but were killed in the blast.

The region has about 400 professional firefighters and 700 volunteers.

## Controversy. Suspended student says he'll return to class wearing Jesus T-shirt

A Chester Basin student says he will return to classes today wearing a controversial T-shirt that led to his suspension and aroused a lively debate about freedom of speech and religion.

William Swinimer said Friday he will show up at Forest Heights Community School with the bright yellow shirt that bears the message, "Life is wasted without Jesus."

The Grade 12 student said he realized he might be suspended again, lose the rest of the academic year and jeopardize his chance of graduating.

But the devout Christian said he wanted to stand up for freedoms he feels are guaranteed in the Constitution.

"I'm not against other people's religions, but I want to have the right to express my own opinions and my own beliefs ... and that's why I wear the T-shirt," he said. "I don't do it to be disrespectful or to put down



William Swinimer's controversial shirt in this photo taken from his Facebook page. FACEBOOK

anyone else's beliefs."

Nancy Pynch-Worthylake, the superintendent for the South Shore Regional School Board, said Swinimer was suspended for defying the principal's request.

She said the controversy will lead to a broader talk with students and Swinimer about how to accommodate both interests.

She said if Swinimer or any student chooses to wear a similar shirt on Monday, there would be no consequence and it would help form part of the discussion. THE CANADIAN PRESS

## Indian Brook

### Victim in fiery collision ID'd

Police have identified a man killed in a fiery, head-on collision in Indian Brook.

Police say 38-year-old Dennis Evans, of Indian Brook, died after the two cars collided Friday on the Meadow Road. RCMP say Evans' car caught fire on impact and he was trapped inside the vehicle.

An 18-year-old passenger in his car was not seriously hurt. The 38-year-old driver and sole occupant of the other car was taken to hospital in Halifax with serious injuries. THE CANADIAN PRESS

## Cape Breton

### Man released in alleged sexual assault

Cape Breton police have released a man arrested in connection with an alleged sexual assault of a young woman.

Police say they received a call late Friday and responded to an incident at the Mira Road Fire Hall near Sydney. As a result of the complaint, a 28-year-old man was arrested. Police say that as a result of their investigation the man was released with no charges laid. THE CANADIAN PRESS



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An investigator examines an ambulance tractor inside the Westray mine in this RCMP handout photo. The picture is one of the many entered as evidence at the trial of two former mine managers from the ill-fated colliery.

ANDREW VAUGHAN/THE CANADIAN PRESS

#### Troubled mine

- The owners of Westray, Toronto-based Curragh Resources Inc., promised to use the latest technology to ensure a level of safety the province had never seen before. The federal and provincial governments extended more than \$80 million in loans and loan guarantees.
- Within a month of Westray's official opening in September 1991, there were three major cave-ins. After the explosion, the mine closed, about 200 people were thrown out of work and a tangle of lawsuits and investigations ensued.
- In April 1993, the RCMP charged Curragh and two of its former managers with manslaughter and criminal negligence causing death. But the case eventually fell apart when the Crown concluded convictions were unlikely. In the end, it was left to a public inquiry to determine what happened.
- More than five years after the probe was announced, Nova Scotia Supreme Court Judge Peter Richard issued a hard-hitting report that concluded the tragedy was the result of "incompetence, mismanagement, bureaucratic bungling, deceit, ruthlessness, cover-ups, apathy, expediency and cynical indifference."

# Tragedy of Westray mine explosion recalled 20 years on

**Plymouth.** Wife of victim says her husband 'was probably blown to pieces'

#### History

## 1958

Westray was the worst mining disaster in Canada since 1958, when 75 men died in a series of collapses at a coal mine in Springhill.

Moments after she learned the Westray coal mine had exploded, Bernadette Feltmate turned to face her eldest daughter as she came down the stairs.

It was Amy's 11th birthday, and she wanted to know if her father was bringing home a cake. But Feltmate knew her husband Roy had been in the mine.

"I had to turn around and tell her," she says, vividly recalling the moment almost 20 years ago. "It was horrible. It was the worst thing I ever had to do in my life. To see a little girl going back up those stairs. She had her head down. She didn't cry. She went in her room."

It was May 9, 1992. At 5:18 a.m., far beneath the small

ing breathing masks found 11 bodies the next day in the southwest section amid charred rubble and twisted machinery. But it would be another four days before searchers reached the North Mains, where four more dead miners were found.

The search for the remaining men, including Feltmate's 33-year-old husband, was called off on May 14. Westray officials said the mine was unstable and there was no reasonable possibility that anyone had survived.

The bodies of 11 men were entombed in the mine.

Feltmate says the loss of her husband left her family so badly damaged it has yet to heal.

"I know that on the 9th of May, (Amy) will call me, and as soon as I pick that phone up, she'll be crying," she says, sobbing between deep breaths. "She's suffering because she doesn't have the one person that she adored in her life. She was very close to her father... They were always together."

THE CANADIAN PRESS

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## Remembering the Battle of the Atlantic

Sailors march in front of the Sailors' Memorial in Halifax before a ceremony marking the 67th anniversary of the Battle of the Atlantic on Sunday. The battle was the longest military campaign of the Second World War, running from 1939 until the defeat of Germany in 1945. RYAN TAPLIN/THE CANADIAN PRESS

#### Labour

### Acadian workers approve offer

Union members have ratified a deal that ends a five-month lockout at Acadian Coach Lines.

The Amalgamated Transit

Union sent an email Sunday saying 92 per cent of its members voted in favour of accepting an offer from the Montreal-based company.

The firm locked out 59 workers in New Brunswick and Prince Edward Island on Dec. 2. Acadian hasn't offered intercity bus service in the two provinces since then.

Union leader Glen Carr says in a statement that the "past is the past" and the union leadership wants to move forward and improve relations with the company's new regional manager.

He says he's prepared to "stand side by side with this gentleman and rebuild together." THE CANADIAN PRESS



# France elects socialist Hollande as new leader



Supporters of Socialist Party candidate Francois Hollande react after the first results of the second round of French residential elections in Paris on Sunday. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

**Victory speech.** 'You are a movement lifting up everywhere in Europe, and perhaps the world,' Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect inherits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Hollande narrowly defeated the hard-driving, attention-getting Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since World War II but whose policies and personality proved too bitter for many voters to

swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the Interior Ministry said. The turnout was a strong 81 per cent.

"Too many divisions, too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of the president of the Republic is to unite ... in order to face the challenges that await us."

THE ASSOCIATED PRESS

**Quoted**



Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy.

**"I take responsibility ... for the defeat."**

## France. World leaders welcome newly elected president's victory

Prime Minister Stephen Harper has called France's new president-elect — Francois Hollande — to congratulate him on Sunday's election victory.

The prime minister's office says in a news release that Harper emphasized the shared values and deep historic, cultural and linguistic ties between Canada and France.

Harper also expressed Canada's desire to work closely with France on a full range of international issues.

President Barack Obama called Hollande after the results were announced, the White House said in a statement.

"President Obama indicated that he looks forward to working closely with Mr. Hollande and his government on a range of shared economic and security challenges," the statement said.

Obama invited Hollande to visit the White House before this month's G-8 summit at Camp David, Maryland. Hollande is also expected to attend the



Francois Hollande  
THE ASSOCIATED PRESS

NATO summit in Chicago later this month.

Britain's conservative prime minister, David Cameron, and Italian Premier Mario Monti also called Hollande to congratulate him.

Sarkozy is the latest victim of a wave of voter anger over spending cuts in Europe that has ousted governments and leaders in the past couple of years.

THE ASSOCIATED PRESS

## Greece. Voters punish top two parties in elections

Greeks, angered by a vicious and protracted financial crisis, punished the parties that have dominated politics for decades, with projected election results showing them hemorrhaging support to anti-bailout groups and no party gaining enough ballots to form a government.

Responding quickly to the protest vote, the heads of the parties in first and second place pledged to seek to either renegotiate the terms of Greece's

multibillion-dollar international-bailout agreement or overturn it. More than two years of repeated austerity measures in return for bailout loans from other European Union countries and the IMF have pushed Greece into a deep recession that has seen the jobless rate explode and tens of thousands of businesses close. The misery

has infuriated voters who on Sunday dealt a massive blow to the decades-old dominance of the country's two main parties, the socialist PASOK and conservative New Democracy.

Official projections Sunday showed New Democracy winning 18.9 per cent, giving it 108 seats in the 300-member parliament — far short of the 151 needed to form a government.

The anti-bailout left-wing Syriza party was projected second with 16.8 per cent and 51 seats, and the formerly majority socialist PASOK lagged behind with 13.4 and 41 seats.

Both New Democracy head Antonis Samaras and PASOK leader and former finance minister Evangelos Venizelos voiced support for a coalition.

THE ASSOCIATED PRESS



A man waits to enter a voting booth at a polling station in Athens on Sunday. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

**Thailand**

## Explosions, fire kill 12: Officials

Officials say explosions and a fire at one of the world's largest petrochemical industrial estates have killed 12 people and injured more than 100 others in eastern Thailand.

The blasts Saturday forced the evacuation of more than 1,000 people living near the industrial estate, Thailand's largest industrial park. Authorities are investigating the cause of the explosions, which occurred when workers were cleaning a chemical tank.

THE ASSOCIATED PRESS

**Germany**

## Clashes leave 29 officers injured

Clashes erupted in Germany when police tried to separate competing rallies by an ultraconservative Muslim group and a small far-right march, injuring 29 officers, authorities said Sunday.

The trouble in Bonn started when hundreds of Muslims protested against the rally of about 30 supporters of the local far-right party Pro NRW, which has angered Muslims by showing unfavourable cartoons of Islam's Prophet Muhammad.

THE ASSOCIATED PRESS

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Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

# Activist: Mental illness is very real

**Inspiring others.**  
Join Arthur Gallant for an online chat Wednesday at 7 p.m. on facebook.com/cmhaontario

DAVE  
BAXTER  
ottawa@metronews.ca

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to inspire others who may be suffering with similar problems but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental-health services, said he wants people to know that mental illness, while not a visible ailment, is nothing less than a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

However, he's not giving up. Gallant credits a strong support system for helping him battle his disease, and is hoping to provide that support to others

## On the web

For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.

- Watch a mini-documentary on Arthur Gallant and his battle with depression. Peter Coleridge, CEO of the Canadian Mental Health Association, dispels myths.
- Canada is about to get its first ever national mental health strategy.

while fighting stigma through a live online video chat Wednesday on the Canadian Mental Health Awareness Ontario Facebook page, from 7-8 p.m. Eastern.

Gallant expects as many as 20,000 will join in. "I want to use my story to create a better world."

## Kamloops, B.C.

### 50 treated for carbon-monoxide poisoning at hockey game

About 50 people have been treated for carbon-monoxide poisoning following a hockey game at a private arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops.

Only three patients remained in hospital on Sunday, the others were treated and released.

Joyce Wagenaar of Fortis B.C. says a boiler was the cause of the problem.

She says the boiler has been shut off and it will be repaired. THE CANADIAN PRESS

## Concealment of Identity. Feds support MP's bill to outlaw masks at riots

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest," a criminal offense punishable by up to five years in jail.

Attorney General Rob Nicholson announced Sunday the government is supporting a private member's bill brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," said Richards. "The Concealment of Identity Act would give

police the tools they need to identify offenders who cause damage to this country's neighbourhoods," he said.

Taking part in a riot is currently an offence with a maximum jail sentence of two years.

Wearing "a mask or other disguise" will increase that maximum sentence to five years, if the bill is passed.

The bill also applies to unlawful assemblies, which are defined as gatherings that don't turn into riots but do cause fear. In that case, masked participants could face six months in jail.

JESSICA SMITH/METRO



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# Murdoch's scandal follows classic media-baron script

**Ambition to hubris.** Mogul's fall from grace is a familiar story in the world of global media conglomerates

If the phone-hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London. "He seems to me to be in the same press-baron tradition."

Before Murdoch came Robert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel *Scoop*.

Earlier still was the New

## Fallout

- Once one of the most powerful forces in British politics, courted by Labour and Conservative leaders alike, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, the resignations of high-flying political operatives and police leaders, and hundreds of millions of dollars in legal costs.

York Journal's William Randolph Hearst, who has become linked to the swash-buckling maverick at the centre of Orson Welles' 1941 classic *Citizen Kane*.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

But Murdoch's story has

little to do with those of Black or Maxwell, said Tom Bower, biographer of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

Murdoch, who outmanoeuvred Maxwell and Black to stay at the top of the British newspaper scene, has so far avoided falling into the same abyss that swallowed his competitors.

Even his most strident critics don't accuse him of anything worse than "wilful blindness." He remains at the head of a successful media company, responsible for record-smashing films like *Avatar* or TV hits such as *The Simpsons*, and News Corp.'s share price is riding high.

His influence in Britain, however, has undeniably suffered. Politicians who once scrambled to kiss his hand are now lining up to boast about how independent they were. Prime Minister David Cameron, who in 2008 flew out to the tycoon's yacht to seek his blessing, acknowledged last week that "we all did too much cozying up to Rupert Murdoch." **THE ASSOCIATED PRESS**



## Canada's last penny

The last Canadian penny ever to be made, displayed by Minister of Finance Jim Flaherty after it was struck at the Royal Canadian Mint in Winnipeg Friday, is going to Canada's currency museum in Ottawa. The first penny to be domestically struck was produced in Ottawa in January 1908 to open the first national mint. Even though it's the end of the production line for the one-cent coin, they'll have to be accepted in transactions because they will remain legal tender. However, in the coming months, retailers will start to round up or down the tax-included price of cash purchases to the nearest five cents. Consumers paying cash for an item totalling \$1.01 or \$1.02 — tax included — will only be charged \$1.00. Something coming in at \$1.03 or \$1.04 will have the price rounded up to \$1.05.

JOHN WOODS/THE CANADIAN PRESS

## Berkshire Hathaway

### Buffett's cancer draws attention to replacement

Warren Buffett worked to reassure shareholders that he's feeling good after his recent prostate-cancer diagnosis, and that Berkshire Hathaway is ready to replace the revered 81-year-old investor when the need arises.

Based on the questions Buffett got from the crowd of more than 30,000 at the company's annual meeting in Omaha on Saturday, Berkshire shareholders are taking him at his word.

Despite the fact that Buffett just disclosed the condition last month, many of the questions at the meeting either focused in on technical aspects of Berkshire's many businesses or dealt with general economic or political topics.

**THE ASSOCIATED PRESS**

## Muscle cars

### Chrysler recalls nearly 120,000 Chargers, 300s

Chrysler is recalling 119,072 cars after discovering that the antilock-brake and electronic-stability-control systems can fail because of an overheated power supply.

The model year 2011 and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated. Chrysler Group LLC will cover the repair costs.

The condition first surfaced on a Michigan State Police training vehicle. Chrysler told the National Highway Traffic Administration it is not aware of any crashes, injuries or fires related to the overheating. Vehicle owners may contact Chrysler at 800-853-1403.

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## Exposing data. Domain-name expansion delayed

The organization in charge of expanding the number of Internet address suffixes — the ".com" part of domain names — is apologizing for delays but says it's favouring quality, not speed.

Three weeks ago, the Internet Corporation for Assigned Names and Numbers (ICANN) abruptly shut down a system for letting companies and organizations propose new suffixes after it discovered a software glitch that exposed some private data.

At the time, ICANN planned to reopen the system within four business days. The system remains suspended indefinitely.

ICANN has said it needed time to figure out why the software failed and how to fix it. That was completed last week, a spokesperson said, but ICANN still must undergo

extensive testing on the fixes and inform companies and organizations whose data had been exposed.

He declined to offer a timetable; ICANN said Friday it planned to provide an update after Tuesday.

**THE ASSOCIATED PRESS**

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# LIFE MAY OR MAY NOT BE WASTED WITHOUT JESUS



**URBAN COMPASS**  
Stephen Kimber  
halifax@metronews.ca

One hopes there was more to last week's Great Yellow Jesus T-Shirt Foofooraw than we now know. One hopes. Otherwise...

What we do know is that William Swinimer, 19, a Grade

12 student at Forest Heights Community School in Chester Basin, a born-again Christian and member of the Jesus the Good Shepherd Pentecostal Church in Bridgewater, wore a bright yellow T-shirt to school emblazoned with the words "Life is wasted without Jesus."

Someone claimed the message constituted an attack on their religious beliefs.

School officials asked Swinimer not to wear it. Swinimer kept wearing it.

There were discussions, instructions, orders and meetings with William, his parents and his pastor. There were 12 days of in-school suspensions.

Still, Swinimer wore his T-shirt ... day after day after day. (One hopes, teenaged boys being teenaged boys, he washed it at least occasionally in between.)

Finally, the school suspended William for five days.

Unsurprisingly, the story leaked to the press and travelled on the weird-news wire from St. John's to Victoria, and beyond.

While there were hints from other students the real issue wasn't Swinimer's T-shirt

but his aggressive proselytizing — something the school might have been within its rights to suspend him for — the school board had already chosen its T-shirt to die on.

School board superintendent Nancy Pynch-Worthylake split the hairs of T-shirt reasonableness. "If I have an expression that says 'My life is enhanced with Jesus,' then there's no issue with that... [but] if the shirt were to say 'Without Jesus, your life is a complete waste,' then that's clear that it is an opinion aimed at somebody else's belief."

Uh...

Unsurprisingly, everyone from a national atheists organization to Tory Leader Jamie Baillie found cameras before which to declare their support for Swinimer's inalienable right to bear his religion on his chest.

Finally, mercifully, on Friday, the school board backed down.

Swinimer will be allowed to return to school on Monday with his T-shirt intact. The school board now claims it was never about "the one shirt" and will spend today meeting with students and parents about "expressing beliefs in a complex multicultural school environment."

All's well that ends.

## Worth mentioning

### Details of classic American snacks get lost in translation

Russians prefer their Lay's potato chips dusted in caviar and crab flavours. The Chinese like their Oreos stuffed with mango and orange cream. And in Spain, Kellogg's All-Bran cereal is served floating in hot coffee instead of cold milk.

Americans might get squeamish at the thought of their favourite snacks

being tweaked. But what works in the U.S. doesn't always work everywhere.

The challenge for snack makers is that people in other countries have different tastes. Consider the Oreo, which Kraft Food Inc. introduced in China in 1996. Sales of the vanilla cream-filled chocolate cookie sandwich were respectable there, but the Chinese didn't completely take to it.

So Kraft decided to tweak the Oreo. The result? Over the past five years, Kraft said sales have grown an average of 60 per cent a year. **THE ASSOCIATED PRESS**

# A droplet's rainbow ebb and flow



TOBIAS BRÄUNING

## Picture perfect

### Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled *Dancing Queen*, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. **METRO**

## 60 seconds



Tobias Bräuning

### What do you see here?

I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

### How did you create these striking shapes?

I used electromagnetic solenoid valves to generate the drops. I also

made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

### You must have used a very rapid shutter speed.

No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second — to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

### As a photographer, what do you want to tell the world?

I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects. **METRO**

## Shutter happy

"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured shortly before touching the splash."

Tobias Bräuning

# Chopping tresses for a worthy cause

## News Worth Sharing

*Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

Who knew a haircut could be so inspiring?

One day recently, an envelope arrived at Look Good Feel

Better, a charity that helps cancer patients look their best and stay positive during treatment. Inside, a ponytail and a note from a 10-year-old girl, Tamara, explained the locks were to become a wig. There was no return address. No last name.

Still, Tamara inspired others. Like eight-year-old Dartmouth native Payten Muise. While most tweens visit the salon clutching pictures of celebrity styles (say "the Bieber" and the pop

singer's tousled bangs come to mind), Payten traded her ponytail for a pixie cut in honour of her nanny, who recently succumbed to cancer.

"She told everyone she met what she was doing and had people in tears with her earnest desire to make her nanny proud," says mom, Trish.

Payten's tresses will become a wig for Look Good Feel Better. The movement didn't stop there.

Another salon client look-

ing for a short 'do was so inspired by Payten that she, too, gave her ponytail to the cause.

Now that is a haircut worth copying.

**CRAIG AND MARC KIELBURGER**

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we'll share them right here.

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## SCENE

## Box office

**Avengers assemble a box-office smash**

Captain America tells the Incredible Hulk to do his smash thing in *The Avengers*, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a \$200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of \$169.2 million for the debut of last year's *Harry Potter* finale. The *Avengers* added \$151.5 million overseas over the weekend to bring its total to \$441.5 million since it began opening internationally a week earlier. That raised the film's worldwide haul to \$641.8 million in barely a week and a half, more than its Marvel superhero forerunners *Iron Man*, *Iron Man 2*, *Thor* and *Captain America* took in during their entire runs. If distributor Disney's domestic estimate Sunday holds when the final weekend count is released Monday, *The Avengers* would be the first movie ever to haul in \$200 million in a single weekend.

THE ASSOCIATED PRESS

## On the web



Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice



The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horowitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

# Yauch: A music maverick

## Remembering a Beastie Boy.

Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON  
AND PAT HEALY  
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz.

They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evol-

ving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Check out Shadrach from their 1989 classic, *Paul's Boutique*. What makes this performance from *Soul Train* especially touching is the trio's salute to the show's host, Don Cornelius, who also died this year.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

## Condolences

## Beastie Boys key part of Madonna's music history

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was important to her musical history. The singer

says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s, and the group was inducted into the Rock and Roll Hall of Fame last month.

THE ASSOCIATED PRESS

He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role

in immortalizing the trio with his video direction.

His directing credits include *So Whatcha Want*, *Intergalactic*, *Body Movin* and *Ch-Check It Out*.

# Biography explores living on the Edge

**DVD release.** Canadian wrestler Edge shares his tales of his career and rise to fame in new documentary

One of Canada's top sports entertainers gets the DVD treatment in the latest biography offering from World Wrestling Entertainment, and it's a release that mat fans in this country are bound to enjoy.

Nicknamed the "Rated-R Superstar," retired pro wrestler Edge takes viewers through his rise to stardom

in the squared circle, from his early days in southern Ontario in the mid-1990s all the way to the top of the WWE.

There is plenty of Canadian flavour in the three-disc offering titled *You Think You Know Me? The Story of Edge*. The Orangeville, Ont., native weighs in on his start in the business and many of the more interesting moments on his way to championship glory.

The 241-pound, six-foot-five wrestler strapped a number of belts around his waist over the years before his retirement in 2011 due to injury problems. He was inducted into the WWE Hall of

Fame earlier this year.

A teenaged Edge got started in the business after he noticed a brief item in the sports section of a Toronto newspaper. Sweet Daddy Siki and Ron Hutchison were accepting applications for those interested in training to become pro wrestlers.

Edge won a wrestling essay contest and went down to a boxing centre in west-end Toronto to get started. He also studied radio broadcasting, which helped his microphone skills in the ring.

Combined with a long-haired rock-star look and natural charisma, Edge was soon on his way. A shot of

a young Edge in the crowd watching the legendary Hulk Hogan at SkyDome (now Rogers Centre) helped give him the boost to succeed. Years later, Edge and the Hulkster would team up and become tag-team champions.

Edge started out wrestling with his good friend Christian and after some intense tag-team feuds — most notably with the Hardy Boyz — the Canadian grappler focused on singles action. He took on most of the top stars and many matches are featured on the second and third discs in this package.

THE CANADIAN PRESS



Edge TORSTAR NEWS SERVICE



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

## Andy Cohen gabs with Metro

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop culture guru and celebrity interview extraordinaire.

In his new book *Most Talkative*, Cohen opens up about dreaming of a life in television while watching *All My Children* as a kid, what it was

like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting

caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

**TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON**

## Congrats to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.



Andy Cohen ALL PHOTOS GETTY IMAGES

## Twitter



@justdemi

So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!



Jay-Z

## Jay-Z: My daughter will likely be spoiled rotten

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with

Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

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**Top 5: May 4<sup>th</sup>**

- 5 The Wanted Glad You Came
- 4 Nicki Minaj Starships
- 3 Carly Rae Jepsen Call Me Maybe
- 2 Justin Bieber Boyfriend
- 1 One Direction What Makes You Beautiful

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## 3

## LIFE

## DIY

**Homemade popsicles**

I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.

You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water. Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy.

SHARON DEVELLIS,  
YUMMYMUMMYCLUB.CA

## On the Web



Skeptics question whether Vogue went far enough to promote healthier models

## Health

**Do dads get depressed, too?**

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some

sort of postnatal depression.

To most, it seems off to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment. JULIE GREEN, YUMMYMUMMYCLUB.CA



Study suggests new dads can suffer from a form of depression. ISTOCK

## Money

**Paying your babysitter**

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs

means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.

- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ,  
YUMMYMUMMYCLUB.CA

# Ready to reveal your baby's gender? Keep it trendy

**Boy or girl?** Here are some ways of making the big announcement to friends and family

LISA  
THORNBURY  
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of three parties:

**Gender-Reveal Cakes**  
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the

## More party tips

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

**Balloons In A Box**

Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

**Unwrap a Gift**

Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate



Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

when everyone else finds out. A fun touch would be to have guests wear either pink or blue

to indicate their gender prediction. The losing team cleans up after the party.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

## Sharability



easy

hard



# Give your sweet tooth something to smile about



This recipe serves eight to 10 people. THE CANADIAN PRESS/HO

**Raspberry Semifreddo.** This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert

made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

1. In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about

8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

2. In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to

## Ingredients

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

3. Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mixture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

4. To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges. Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

## Queen of Green

### Toxic home cleaners



QUEEN OF GREEN  
Lindsay Coulter  
green@metronews.ca

**What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)?**  
Jolene — Winnipeg

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which

may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of *Ecologic Home*, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at [springbreakup.ca](http://springbreakup.ca).

When you sign up, you'll be entered for a chance to win the grand prize: a \$300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

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# Leap of faith leaves a big imprint on franchise owner

**Copy that.** Iain Scott encourages other entrepreneurs to be unafraid to take chances



**THE IN-CREDIBILITY FACTOR**  
Teresa Kruze  
life@metronews.ca

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years, Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with



Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an opti-

mist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a

second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination

over your own future," he notes.

"At the end of the day, you're building equity and it will become an investment for your retirement."

## Expert advice

Iain Scott's key tips for business success:

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

## High hopes

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Iain Scott, business owner

## Vous êtes immigrant(e) et vous recherchez un emploi à Halifax?

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- Suite aux ateliers, les participants auront la possibilité de participer à une **expérience en milieu de travail rémunérée**.
- NB : le programme ne garantit pas une expérience de travail à chaque participant. Les expériences de travail dépendront des compétences professionnelles des participants et de la disponibilité des emplois. Le programme appuiera les participants dans leur recherche d'une expérience de travail.
- Des **allocations de formation** seront disponibles pour les participants durant la formation en groupe, notamment une subvention de transport, de garderie et des frais de participation.

### Pour nous contacter

Sonia Losier  
Coordonnatrice Projet Immigration  
Tél. : (902) 424-8979  
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## MENTAL HEALTH FOR ALL

## MENTAL HEALTH WEEK May 7 – 13, 2012

### Canadian Mental Health Association Nova Scotia Division

invites you to celebrate...

## Mental Health Week

Encouraging people to talk, reflect and engage with other on all issues relating to mental health

## Inspiring Lives

### Awards Luncheon

Celebrating individuals who inspire others as they face their own mental illness or addiction

Tuesday May 8, 2012  
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For more information contact  
CMHA NS Division: 466-6600



Mental Health  
Foundation  
of Nova Scotia

CANADIAN MENTAL HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE



# MAINTAIN A HEALTHY BALANCE

## REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

“We tend to talk about our physical and mental health problems separately,” he explains. “We rarely view them as linked, and our health services and funding are structured to support this view.”

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a



GOODSHOOT/THINKSTOCK

person’s overall health and well-being.

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost \$4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another \$1 billion is spent on hospital visits, doctors’ fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated be-

fore they grow severe.

“Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination,” says Coleridge.

“We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.



FUSE/THINKSTOCK

“This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health.”

CMHA’s Mental Health Week is May 7-13. This year’s theme is “mental health for all” — a reminder that good mental health is achievable for everyone. To learn more, visit [mentalhealthweek.ca](http://mentalhealthweek.ca).

I exercise alot.  
Paul, 52, Manager

Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher

I like being creative. It's my drug.  
Zile, 67, Artist

I force myself to go out and stay social.  
Behzad, 30, Grad Student

### What do you do for your mental health?

Do more for yourself everyday. Because good health includes mental health. The Canadian Mental Health Association proudly kicks off its 61<sup>st</sup> annual Mental Health Week – May 7th to 13th. It’s time to talk, reflect, engage and celebrate mental health for all. [Find out more at www.MentalHealthWeek.ca](http://www.MentalHealthWeek.ca)

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Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.



metro

# NURSING WEEK

Monday, May 7, 2012

Employers are holding internal events and each provincial association is organizing events to mark National Nursing Week. The CNA lists some regional events on its website ([cna-aifc.ca](http://cna-aifc.ca)). THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

## Involved in every level of society

JON TATTRIE  
For Metro

The first image many people have of a nurse is of a harried health professional dealing with urgent situations in a hospital, but nurses work in almost every sector of our lives, says the executive director of the Canadian Nurses Association (CNA).

Rachel Bard, who previously worked in the New Brunswick government, says it starts in the community with health

promotion and illness prevention work via the school system. Nurses also work in nursing homes, private homes, psychiatric institutions and as "street nurses" reaching out to homeless people.

"Nurses week is really a mechanism to profile the contribution that nurses bring to the health-care system," she says. "With 266,000 registered nurses working across our nation, nurses are directly involved with patients, families and communities. Nurses are involved in

every level and every stream of society."

Bard says nurses play an important role in contributing to the policy level of health care in Canada. She points to the work with P.E.I. Premier Robert Ghiz where nursing organizations are helping shape best practice policies and developing models of care in the province. The collaborative approach with government, nurses and doctors is spreading across Canada, she says.

"It's a positive step of in-

cluding nurses in such an important area of trying to transform how we do business and bring some standardized approach across the country," Bard says.

The CNA also lobbies the case that nurse practitioners — registered nurses (RNs) with advanced training and capabilities — should be used to improve access to health care and reduce wait times in rural areas that do not have good access to primary health-care providers such as doctors.

## You will get thanked every day as a nurse

Nursing is one the "greatest and hardest" careers available, says Linda Silas, president of the Canadian Federation of Nurses Union.

"You have to love people — individuals, families and communities," she says.

Nurses work with people experiencing the full range of life's high and lows — from victims of traumatic attacks or accidents in the emergency room to families celebrating the birth of their child in the maternity ward to the elderly preparing to die. There are also nursing careers in public health and mental health, as well as in-home care or at care facilities.

Silas says the average nurse changes jobs every seven years. Their basic education as a registered nurse, licensed practical nurse or nurse practitioner, works in a wide range of jobs, but specific positions may require skills upgrading.

Silas says having more well-trained nurses helps everyone.

"It's a dual benefit. Our communities benefit the more nurses they have," she says. "And for the individual who becomes a nurse — there are not many

professions where you will get so many 'thank you's' every day."

It's a challenging profession, she says, as many nurse jobs require 24/7 coverage and so nurses will work day shifts, back shifts, weekends and holidays.

"And working in very stressful situations," she adds.

Silas says two years ago, every nurse graduate walked into a job. Today, provincial budget cuts means it is a little harder to find the job you want where you want it, but there is still a lot of work, with more coming.

"The Maritimes, Alberta and Saskatchewan are the areas where the job openings are more numerous," she says. Would-be nurses in the rest of the country may have to move to another area in their province or territory and start on a casual or part-time basis.

Silas says it works in cycles and while the market is tighter now, it is likely to turn around as senior nurses retire. The average age of a nurse is 48, meaning new jobs will begin to open up over the next decade or so.

JON TATTRIE

2012

NATIONAL NURSING WEEK



With significantly expanded training and skills, Licensed Practical Nurses (LPNs) and Continuing Care Assistants (CCAs) bring professionalism and compassion to their vital roles in patient and resident care.

LPNs and CCAs and CUPE work collaboratively to protect our Medicare system and to advocate for everyone's ability to access health services of the highest quality in acute care, long term and community care when they need them.

As we mark **National Nursing Week 2012, May 7-13**, we acknowledge the hard work and dedication of the thousands of women and men who do this important work here in Nova Scotia.

A message from CUPE Nova Scotia **CUPE**

MY PATIENT'S BLOOD PRESSURE IS LOWER THAN EXPECTED. WE SHOULD DISCUSS HER DOSAGE... THAT WASN'T A TYPICAL READING FOR MY 18-YEAR-OLD MALE PATIENT. I THINK WE NEED TO TAKE A CLOSER LOOK... IF WE'RE SENDING MY OTHER PATIENT HOME, SHE NEEDS APPROPRIATE SUPPORT BEFORE BEING DISCHARGED... AND POST-SURGERY, MY PATIENT IN 3A WAS SHORT OF BREATH... AND MY PATIENT WITH THE DISTENDED ABDOMEN COULD HAVE AN OBSTRUCTION... I'M CONCERNED, BEFORE I LEAVE TONIGHT, I NEED TO...

Nurses are always thinking of you. They have an important role in delivering your healthcare. Learn more at [NovaScotiansNeedNurses.ca](http://NovaScotiansNeedNurses.ca)

Nova Scotia Nurses Union





National Nursing Week aims to reflect the positive impact nurses have on the lives of Canadians.

JUPITERIMAGES/COMSTOCK/THINKSTOCK

## Nurses. 'The Health of our Nation'

JON  
TATTIE  
For Metro

National Nursing Week is seven days to celebrate one of the most important professions in Canada. Given that health care is largely a provincial and territorial responsibility, most specific events to mark the week are being organized by provincial and territorial organizations.

The overall theme is "Nurses — the Health of Our

Nation," and it aims to reflect the positive impact nurses have on Canadians' lives and well-being.

The theme is inspired by the International Council of Nurses, the global body that celebrates International Nurses Day May 12.

This year's theme has a double meaning, says Rachel Bard, the executive director of the Canadian Nurses Association.

"The 'health of our nation' is certainly applicable

for nurses, because it is how they contribute the most — looking and seeing how we can influence the health-care system, and also in terms of how we can influence policy, improving access and reaching out to the population to promote better health," she says.

National Nursing Week runs from May 7-13. A list of some of the events being held across Canada can be found under the "events" section of [cna-aicc.ca](http://cna-aicc.ca).

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# 4

## SPORTS

### IIHF world championship

## Canada loses another blue-liner to injury

The injury bug has bitten Canada once again at the IIHF world hockey championship. Defenceman Marc-Edouard Vlasic was ruled out of the tournament in Helsinki Sunday with a right leg injury, making him the second Canadian blue-liner to be sent home early after P.K. Subban. "It's tough to lose a good young player like Marc-Edouard," said general manager Kevin Lowe. "His game is really suited to the big ice. He's a very mobile defender who will be hard to replace." Vlasic suffered the injury after getting tangled up with an opponent in the third period of Saturday's 5-4 overtime loss to the United States. He tried to play through it but quickly realized something was wrong.

THE CANADIAN PRESS

### On the web



Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.

### QMJHL final

## Sea Dogs leading 2-0 heading to the Coliseum

Charlie Coyle took full advantage of a penalty shot on Saturday.

Coyle scored the eventual winner and added an assist to lead the Saint John Sea Dogs to a 3-2 win over the Rimouski Oceanic on Saturday in Game 2 of the Quebec Major Junior Hockey League's President's Cup final.

"The first two games are big, just to get a head start on them," Coyle said. "It's nice being up by two going into their building."

Saint John has a 2-0 lead in the best-of-seven QMJHL championship series, which continues in Rimouski, Que., on Wednesday and Thursday.

Danick Gauthier and Tomas Jurco also scored for the Sea Dogs, while Saint John goalie Mathieu Corbeil stopped 14 of 16 shots.

Petr Straka had back-to-back goals for Rimouski and Jacob Gervais-Chouinard made 29 saves.

Coyle was hauled down during an Oceanic power play and scored on a penalty shot with 8:24 left in the second, going backhand-to-forehand with a deke that had Gervais-Chouinard going the wrong way.

That goal gave Saint John a 3-0 lead.

"It was a foot race and I just tried to use my body," Coyle said about the play that led to the penalty shot. "I have a big body, so I try to use it to my advantage. Being a power forward, that's what I have to do."

"I've been working on that for the last couple of years and that's one of my key points I have to do to be successful."

THE CANADIAN PRESS



Windsor's Ryan Cochrane and his K-2 boat-mate Hugué Fournel compete at the 2011 world sprint canoe-kayak championship. BALINT VEKASSY/CANOE-KAYAK CANADA

# Cochrane takes first step toward Olympics

## Sprint canoe-kayak. Former Maskwa kayaker wins K-2 200 race at first set of trials



**MATTHEW WUEST**  
matthew.wuest@metronews.ca

Ryan Cochrane said he didn't want to stress his mom out on Sunday.

So in a race that was critical in the process of qualifying for this summer's London Olympics, the Windsor kayaker and boat-mate Hugué Fournel of Montreal got off to a fast start and won the K-2 200 metres in a time of 31.667

seconds on Lake Lanier in Gainesville, Ga.

With a .661 of a second edge on Banook's Austin Denman and Connor Taras at Canada's first set of sprint canoe-kayak Olympic trials, Cochrane saved his mother Wendy and father Kim some nail-biting on the shore.

"Before the race the key (phrase) was 'out like a cannon,' and we maybe told each other that like 15 times before the race," Fournel said. "We can't be more happy. It worked out perfectly."

Added Cochrane: "It was a good race. We had some tough competition. Everyone's been stepping it up — it's an Olympic year — and we weren't taking this lightly

whatsoever. We went into this acting like we were up against the best in the world."

This weekend's trials will determine Canada's World Cup squad, which will be announced Tuesday. The team will compete in regattas in Poznan, Poland, from May 18 to 20, and in Duisburg, Germany, from May 25 to 27.

Cochrane, who considers Windsor his hometown, also lived in Hammonds Plains and trained at the Maskwa Aquatic Club. He currently lives in Montreal, where he trains with Fournel.

Canada has one Olympic quota spot in K-2. On the World Cup tour, Cochrane and Fournel will need to prove their medal potential in the

### Other results

- Dartmouth's Jason McCoombs edged out Bedford's Richard Dalton in a race-off on Sunday, earning him a spot on the World Cup squad.
- Dartmouth's Ben Russell assured himself a spot on the World Cup team by placing second in the C-1 1,000 on Friday.

200 against the 1,000-metre team of Richard Dober Jr. and Steven Jorens.

"It puts us right where we want to be," Cochrane said of this weekend's triumph. "It's the first step."

## NBA. Celtics cruise to victory in Game 4

Paul Pierce scored 24 points in 18 minutes and the Boston Celtics opened a 37-point third-quarter lead before coasting to a 101-79 victory over the Atlanta Hawks on Sunday night to take a 3-1 lead in the best-of-seven series.

The Celtics can finish off the Hawks in Atlanta on Tuesday.

Two nights after his triple-double helped turn back the Hawks in overtime in Game 3, Rajon Rondo had 20 points and 16 assists.

Pierce limped off the court favouring his left knee midway through the second quarter, but he returned for the start of the third. He was on the court

### Rest for the weary

Perhaps the biggest boost of all for the aging and injured Boston lineup: Rondo and Brandon Bass were the only Celtics to play more than 30 minutes.

as Boston scored 16 of the first 18 points in the second half.

Pierce headed for the tunnel to the locker room and pulled over a stationary bicycle to stay loose in case he was needed again.

He wasn't.

THE ASSOCIATED PRESS

### NBA

## 76ers run Bulls to the cliff's edge

Spencer Hawes scored 22 points and Jrue Holiday had 20 to help the surprising Philadelphia 76ers beat the Chicago Bulls 89-82 on Sunday and take a 3-1 lead in their Eastern Conference playoff series.

Holiday stretched the lead with consecutive 3-pointers late in the game to put the Sixers one win away from joining the short list of eighth-seeded teams that have won a series against a No. 1 seed.

The Sixers have won the last three games after losing Game 1.

THE ASSOCIATED PRESS

## NHL. Devils have Flyers against the ropes

Dainius Zubrus scored two goals and the New Jersey Devils rallied from an early two-goal deficit and pushed the Philadelphia Flyers to the brink of elimination with a 4-2 victory Sunday night in Game 4 of the Eastern Conference semifinal.

Petr Sykora and Marek Zidlicky also scored for the Devils, who can advance to their first conference final since 2003 with a win in Philadelphia on Tuesday night. New Jersey has never lost a playoff series after taking a 3-1 lead.

In winning their third straight, the Devils let goalie Martin Brodeur have an easy night on his 40th birthday, out-



Martin Brodeur makes a save Sunday in Newark, N.J. THE ASSOCIATED PRESS

shooting Philadelphia 43-22.

Scott Hartnell and Claude Giroux scored first-period goals for the Flyers, who once again were a step slow.

THE ASSOCIATED PRESS





Albert Pujols watches his first home run of the season leave Angels Park on Sunday. JEFF GROSS/GETTY IMAGES

## MLB. Pujols ends streak of futility vs. Jays

Albert Pujols finally hit a home run for the Los Angeles Angels, ending the longest power drought of his career Sunday in a 4-3 win over the Toronto Blue Jays.

Pujols connected in the fifth inning for his first AL homer and his 446th overall.

The three-time NL MVP had gone 33 games and 139 at-bats dating to last year without a home run in the regular season. He had a three-homer game for the St. Louis Cardinals in the World Series and hit seven home runs in spring training.

Pujols drove a 2-2 pitch from right-hander Drew Hutchison

### Sunday's game

4	3
Angels	Blue Jays

into the left-field bullpen for a two-run shot. Mike Trout doubled ahead of the home run.

Pujols homered in his 28th game and 111th at-bat with the Angels, who signed him to a 10-year, \$240-million U.S. contract

### Quoted

"I don't think anything's been lifted off my shoulders, man."

Angels first baseman Albert Pujols

as a free agent in December and touched off a frenzy that resulted in more than 5,000 extra season tickets being sold.

Jerome Williams (3-1) was charged with three runs and eight hits in 6 2/3 innings.

Hutchison (1-1) gave up four runs and eight hits in 5 1/3 innings. **THE ASSOCIATED PRESS**

# Kings sweep away Blues

**NHL.** Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same post-season.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty

Game 4

3	1
Kings	Blues

net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.

**THE ASSOCIATED PRESS**



Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

## Kentucky Derby. Death at being investigated as homicide



Jockey Mario Gutierrez rides I'll Have Another to victory in the 138th Kentucky Derby on Saturday in Louisville, Ky. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Authorities say a man whose body was found early Sunday in a barn at Churchill Downs hours after the Kentucky Derby worked at the race-track.

The victim was identified as 48-year-old Adan Fabian Perez, a Guatemala native, according to Jo-Ann Farmer, chief deputy coroner for Jefferson County. Farmer said he was identified by his 19-year-old son, who also works at the track.

"There's a suspicion of foul play," Farmer said Sunday evening. An autopsy is scheduled for Monday.

Louisville Metro Police say the death is being investigated

as a homicide, but that there appears to be no connection to the track.

"At this point we don't have anything pointing to the fact that this had any association with Churchill Downs or the Derby itself," said Alicia Smiley, spokeswoman for Louisville Metro Police.

The body was found in a stable about 150 yards from where Saturday's Derby winner, Canadian-owned I'll Have Another, was kept.

Smiley said that the victim "did sustain injuries that lead us to believe he was involved in some type of altercation."

**THE ASSOCIATED PRESS**

### Sports in pictures



**1 Golf.** Young Fowler fares well at Quail Hollow

Rickie Fowler, billed as one of the rising American stars, delivered a clutch shot on the 18th hole in a playoff for a four-foot birdie to beat U.S. Open champion Rory McIlroy and D.A. Points on Sunday in the Wells Fargo Championship. **THE ASSOCIATED PRESS**

**2 MLB.** Darvish suffers first defeat to Cleveland

Ubaldo Jimenez pitched seven scoreless innings and the Cleveland Indians handed Yu Darvish his first major-league loss in a 4-2 victory over the Texas Rangers on Sunday.

**THE ASSOCIATED PRESS**

**3 NHL.** Coyotes' Klesla suspended for Game 5 vs. Predators

Phoenix Coyotes defenceman Rostislav Klesla was suspended for one game by the NHL on Sunday for boarding Nashville Predators forward Matt Halischuk on Friday night. **THE ASSOCIATED PRESS**

**4 Soccer.** Touré moves City closer to Premier League title

Yaya Touré scored twice Sunday to give Manchester City a 2-0 win at Newcastle that makes his side the firm favourite to win the English Premier League title. **THE ASSOCIATED PRESS**



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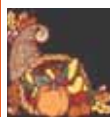
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Crossword

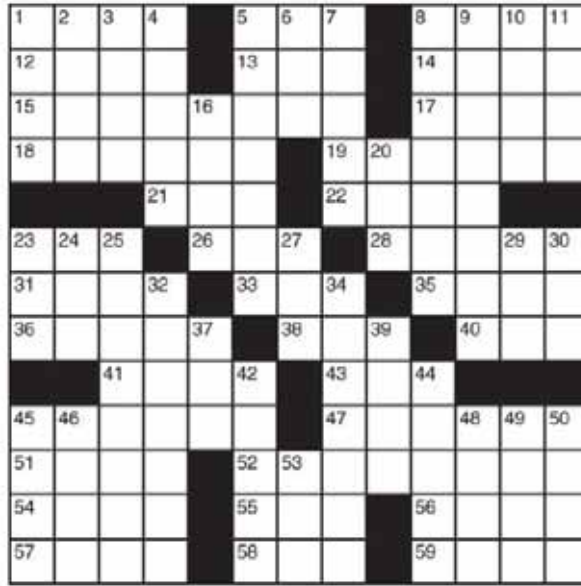
Across

- 1 One of the Three Bears  
5 Humor  
8 Ardor  
12 Oscar-night clasher  
13 Expert  
14 "That hurts!"  
15 Great elation  
17 Soft cheese  
18 Usher elsewhere  
19 Soloist's elegy  
21 To the — degree  
22 Trade  
23 Rushmore face  
26 Scale member  
28 Feudal figure  
31 Praise to the heavens  
33 "Golly!"  
35 Ms. Turner  
36 Went wan  
38 Mischievous tyke  
40 Enthusiast  
41 Newspaper page  
43 "Wham!"  
45 "Scat!"  
47 Canine coating  
51 Cow-headed goddess  
52 Mrs. Orpheus  
54 "The Producers" chorus member  
55 In favor of  
56 Messes up

- 57 Air from a pair  
58 Round Table address  
59 — ex machina

Down

- 1 Juror, in theory  
2 Chills and fever  
3 Band in Boston  
4 Hardly ruddy  
5 Tusked African beast  
6 Here (Fr.)  
7 Lions and Tigers and Bears  
8 Sole stud  
9 Portuguese, e.g.  
10 Low-pH  
11 Yon folks  
16 Feedbag fill  
20 He gives a hoot  
23 Jungfrau, for one  
24 Sheepish remark  
25 Extol  
27 Mainlander's memento  
29 Wildebeest  
30 Cause corrosion  
32 Passbook plus  
34 Napoleon or Nero  
37 Lair  
39 Small horse  
42 Ocean nadirs  
44 Tested the waters



- 45 Tie  
46 Jacob's twin  
48 Muck

- 49 Beige  
50 Not so much  
53 Spoon-bender Geller

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUEEN PXFLCXXT  
PURO BEUQL JLFXXKLQURO  
WVWJNFLRN BWQQP?  
"OXXXCTL, XQK VWURN."  
Yesterday's Cryptoquip: WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?



For today's crossword answers and for expanded horoscopes, go to metronews.ca

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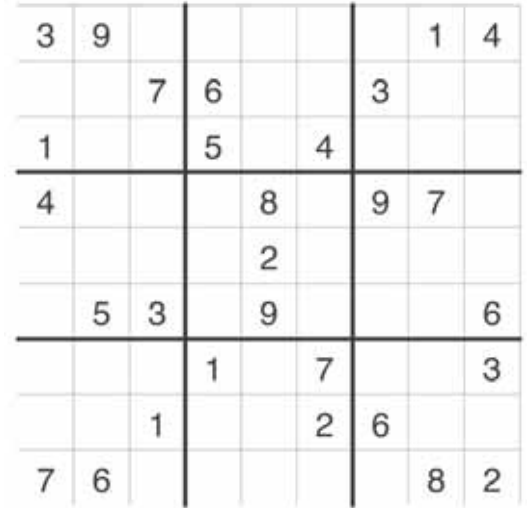
Horoscope

- ♈ Aries | March 21 - April 20.  
You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.  
♉ Taurus | April 21 - May 21.  
With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.  
♊ Gemini | May 22 - June 20.  
This is no time to be cautious, especially when dealing with work and career issues.  
♋ Cancer | June 21 - July 22.  
If you expect others to play by the book then you must play by the book as well.  
♌ Leo | July 23 - Aug. 22. Be a

- little more daring over the next few days. Take the kind of risks that other people say you should not.  
♍ Virgo | Aug. 23 - Sept. 22.  
Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.  
♎ Libra | Sept. 23 - Oct. 22. If you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.  
♏ Scorpio | Oct. 23 - Nov. 21.  
Be bold, be brave and, above all, believe in yourself.  
♐ Sagittarius | Nov. 22 - Dec. 21. You can either meet a challenge

- head-on or you can hide yourself away until it has gone.  
♑ Capricorn | Dec. 22 - Jan. 20.  
You have set your sights high and won't rest until you have got your hands on the prize.  
♒ Aquarius | Jan. 21 - Feb. 18.  
Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.  
♓ Pisces | Feb. 19 - March 20.  
You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.  
SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



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"Still got that monkey on your back?"

Jeffrey

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## 2012 HYUNDAI VERACRUZ

AS LOW AS  
**\$162**<sup>†</sup>  
BI-WEEKLY  
PAYMENT

WITH  
**0%**  
FINANCING  
FOR  
96 MONTHS

PLUS



AND  
**\$0**  
DOWN  
PAYMENT



## 2012 HYUNDAI ELANTRA TOURING GL

AS LOW AS  
**\$88**<sup>†</sup>  
BI-WEEKLY  
PAYMENT

WITH  
**0%**  
FINANCING  
FOR  
96 MONTHS

PLUS



AND  
**\$0**  
DOWN  
PAYMENT



\*Vehicles not exactly as shown, prices and payments do not include freight, taxes and fees. While supplies last. See O'Regan's Dartmouth Hyundai for full details.



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